

Disclosing Tablets

Instruction Guide



WHAT ARE DISCLOSING TABLETS?

Disclosing tablets are chewable tablets used to make dental plaque visible. They stain the plaque a bright colour and are an excellent way of letting you know how well you are brushing your teeth. They should be used in the first few weeks after your braces are fitted.



DIRECTIONS FOR USE

1. Brush your teeth and rinse your mouth with water.
2. Apply Vaseline or lip balm to your lips to avoid the tablets staining them.
3. Chew 1 tablet and swish it around your mouth for about 30 seconds. Spit out the liquid in your mouth.
4. Rinse your mouth with water.
5. Look at your teeth in the mirror. The dark pink spots on your teeth highlight the food and plaque which you have missed with your toothbrush.
6. Remove all of the dark pink spots from your teeth by brushing and flossing. These are the areas you need to focus on next time you brush, as you may miss them regularly.

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